NEPALI · LUNCH · DINNER

Kukhura ko Masu (Nepali Chicken Curry)

Kukhura ko Masu

45 min · Serves 4 · 442 kcal a serve · Video 5:57 in Nepali · Rita's Kitchen

Gluten-free ingredients · Dairy-free · Nut-free

Chicken braised in onion, tomato and fresh spices with only 2 tbsp oil: about 38 g protein and 12 g net carbs a serve, with over half a day's selenium.

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Ingredients 18 · SERVES 4

- [ ] 1 tbsp **garlic-ginger paste** (fresh garlic and ginger, smashed)
- [ ] 3 medium **onions**, very finely chopped
- [ ] 2 **green chillies**, chopped
- [ ] 2 tbsp **vegetable oil**
- [ ] 4 **green cardamom pods**
- [ ] 4 **cloves**
- [ ] 8–10 **black peppercorns**
- [ ] 2 **bay leaves**
- [ ] 1 kg whole **chicken**, cut in curry pieces
- [ ] 1 tbsp **ground coriander**
- [ ] 1 tsp **ground cumin**
- [ ] 2 tsp **chilli powder** (1 tsp red, 1 tsp Kashmiri)
- [ ] 1 tsp **garam masala**
- [ ] ½ tsp **ground turmeric** (besar)
- [ ] 2 medium **tomatoes**, finely chopped
- [ ] 3 tsp **salt** (or to taste)
- [ ] 250 ml **water**
- [ ] a handful of **fresh coriander**

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Smash the garlic and ginger to a paste in a mortar and chop the onions very finely. 1:40
2. Heat the oil in a pan and fry the cardamom, cloves, peppercorns and bay leaves for 1–2 minutes. 2:08
3. Add the onions and the chopped green chillies and fry for 5–7 minutes until soft and light brown. 2:28
4. Add the chicken and fry for 5–7 minutes until it changes colour, then cover and cook 3–4 minutes more. 2:50
5. Add the garlic-ginger paste and fry 2–3 minutes, then add the coriander, cumin, chilli powders, garam masala and turmeric and fry for 1–2 minutes without letting them burn. 3:25
6. Add the tomatoes and the salt, cover and cook until the tomatoes break down into the gravy. 4:01
7. For more gravy, pour in 250 ml water and bring to one boil. Turn off the heat and scatter over the coriander. 4:40

> **Tip** Serves 4 (our estimate for a 1 kg chicken). The cook uses 3 tsp salt; start with less. Eaten in Nepal with beaten rice (chiura), puffed rice or steamed rice; cauliflower rice keeps it lower in carbs.

The method is a summary in our words, in English — the video (in Nepali) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
442 kcal	38 g	17 g	4.5 g	25 g	1,860 mg
1,850 kJ	75% of a day	12 g net · 6.7 g sugars	16% of a day	5.4 g saturated	81% of a day
		6% of a day		32% of a day	

Energy from net carbs 11% · protein 36% · fat 53% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 59% · Omega-3 47% · Vitamin B6 46% · Zinc 28% · Vitamin C 24% · Vitamin K 21%

Source of (10–19%) Iron 19% · Vitamin E 17% · Vitamin B12 16% · Potassium 15% · Magnesium 15% · Vitamin A 14% · Folate 10%

⚠ One serve has about 81% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Rita's Kitchen (@ritaskitchen79) on YouTube — youtube.com/watch?v=xclMt19Q82M, published 30 January 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kukhura-ko-masu-nepali-chicken-curry